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DEPARTMENT OF EDUCATION

Disciplines and Ideas in the Social Sciences

Quarter 1 - Module 8:
Basic Concepts and Principles of the Major Social Science Ideas: Psychoanalysis and Rational Choice

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Disciplines and Ideas in the Social Sciences – SHS Grade 11/12
Quarter 1 – Week 8
Module 8: Basic Concepts and Principles of the Major Social Science Ideas

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Introduction

Good day!

Social Science is a branch of science devoted to the study of societies and relationships among individuals within societies. Major social science ideas have emerged since the establishment of studies on society and the life of people. These ideas contribute to the development of society. It is not only for the society itself but also for the development of the physical, emotional, intellectual, and psychological aspects of a person. Social science ideas, in one way or another, may contribute to the healing process of a particular disorder of a person.

As a student and future advocate of change, it is advantageous that you possess relevant knowledge to understand social phenomena and discern among alternatives.

In this module, you will learn about the two major social science ideas- the Psychoanalysis and Rational Choice. There is a set of activities for you to attain the objectives of this module.

Objectives

MOST ESSENTIAL LEARNING COMPETENCY:

Analyze the basic concepts and principles of the major social science ideas:

a. Psychoanalysis
b. Rational Choice

At the end of the module, you should be able to:

1. Discuss the basic concepts and principles of the Psychoanalysis and Rational choice through a concept map;
2. Distinguish carefully the significance of the Psychoanalysis and Rational choice as major social science idea; and
3. Write an essay on how the basic concepts and principles of the major social science ideas (Psychoanalysis and Rational Choice) contributed to the development of an individual as a human person.

Since you already know our target for this module, are you ready to learn more? I hope that you will enjoy all the activities and reading materials that we have prepared for you. Good luck and happy learning to you.

Vocabulary List

1. **Ego**- it is the rational part of our personality. Its job is to balance the demands of the id and superego in the practical context of the society.
2. **Id**- is the structure of personality that concerns with the instant satisfaction of basic physical needs and urges
3. **Psychoanalysis**- is characterized as therapeutic techniques and set of psychological theories which is a method of treatment and general theory of personality. aA family of psychological theories and methods within the field of psychotherapy that works to find connections among patients' unconscious mental processes.
4. **Rational Choice**- assumes that an individual has preference among the available alternatives that allo them to state which option they prefer based on their conduct on the logical process.
5. **Superego**- is the structure of personality that concerns with social rules and morals—like what many people call their “conscience” and their “moral compass”.

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Pre-Test

DIRECTIONS: Choose the best answer to the following questions/statements below. Write your answers on a separate sheet of paper.

1. Which of the following developed the Psychoanalytic theory?

A. Karl Marx
B. Edmund Husserl
C. Sigmund Freud
D. Erik Erikson

2. The basic tenets of psychoanalysis include the following **EXCEPT**:

A. Therapeutic techniques and a set of psychological theories.
B. Man thinks rationally in making choices and decisions in life.
C. Human behavior is largely determined by irrational drives.
D. Attempts to bring drives into awareness lead to defense mechanisms.

3. Anna suffers from a trauma which causes her depression. What method can be employed?

A. Psychoanalysis
B. Institutionalism
C. Political Science
D. Rational Choice Theory

4. Nico is very thirsty. He wants to drink a glass of cold water, but he doesn't have any amount of money in his pocket to buy a bottle of drink. He went to the nearest convenience store and got a bottle of drink without paying it. Rico's action is a product of what personality structure?

A. Defense mechanism
B. Ego
C. Id
D. Superego

5. Which of the following is NOT a part of the personality structure theorized by Sigmund Freud?

A. Defense mechanism
B. Ego
C. Id
D. Superego

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6. Which of the following situations show a rational choice?

A. Buy an LV bag even if it's expensive since it's popularly used by celebrities.
B. Choose branded products over local products with the same quality.
C. Take engineering in college even you are not good at Math and Science.
D. Take nursing in college and earn money before pursuing a medical doctor course.

7. Which of the following best describes the importance of rational choice theory?

A. Understanding why people decide to make choices on how to spend their resources is an important building block for more complex economic theory.
B. Rational choice theory is not very widely accepted in economic theory.
C. Understanding whether someone is making the right choice on how to spend their resources is important to economists.
D. People are random in their economic choices, so rational choice theory is not an important economic theory.

8. Which of the following describes rational choice theory?

A. Sees society as a competition for limited resources.
B. Society has interdependent and interconnected parts.
C. Therapeutic techniques and sets of psychological theories.
D. Individual action is based on their conduct on the logical process.

9. How is rational choice theory defined?

A. Choices are made based on the experience and the education of the individual.
B. People base a decision on available options and then use certain criteria to decide.
C. A decision is made haphazardly based on the mood of the individual at the time.
D. Choices are made by consulting an expert.

10. Which of the following tells about how a person acts and makes choices?

A. A person acts based on a set of psychological processes.
B. The purpose of any human action contributes to social instability.
C. People act as they think of their action has much profit than costs.
D. The purpose of human action is always for resources such as food, clothing, and shelter.

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LET'S CHECK THE RESULT

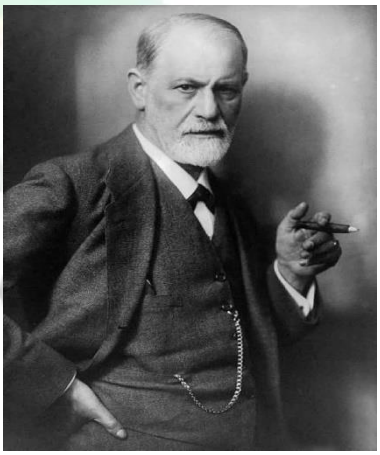
RATING	LEVEL
10-8	**EXCELLENT!** Congratulations! You can proceed to the next page and continue to learn the lesson.
7-5	**BETTER!** You can go back to those lessons that you've missed and continue.
4-3	**VERY GOOD!** You can improve your knowledge and continue to learn the next lesson.
2-0	**NEEDS IMPROVEMENT!** This module will help you to learn better with the new lesson. You can do it. Let's open the next page.

LET'S READ AND ANALYZE. Read and analyze the text below.

Lesson 1: Psychoanalysis

Psychoanalysis is defined as a set of psychological theories and therapeutic methods that have their origin in the work and theories of Sigmund Freud. The primary assumption of psychoanalysis is the belief that all people possess unconscious thoughts, feelings, desires, and memories.

Psychoanalysis therapy aims to release repressed emotions and experiences, i.e., make the unconscious conscious. It is only having a cathartic (i.e., healing) experience can the person be helped and "cured." Remember, psychoanalysis is a therapy as well as a theory. Psychoanalysis is commonly used to treat depression and anxiety disorders.



Sigmund Freud
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In psychoanalysis (therapy), Freud would have a patient lie on a couch to relax, and he would sit behind them taking notes while they told him about their dreams and childhood memories. Psychoanalysis would be a lengthy process, involving many sessions with the psychoanalyst. Due to the nature of defense mechanisms and the inaccessibility

of the deterministic forces operating in the unconscious, psychoanalysis in its classic form is a lengthy process often involving 2 to 5 sessions per week for several years.

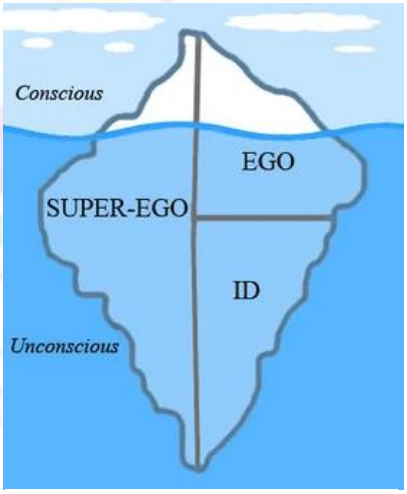
Sigmund Freud Couch
https://en.wikipedia.org/wiki/Psychoanalysis Downloaded: 7/31/2020 7:45 pm

This approach assumes that the reduction of symptoms alone is relatively inconsequential as if the underlying conflict is not resolved, more neurotic symptoms will simply be substituted. The analyst serves as a 'blank screen,' disclosing very little about themselves so that the client can use the space in the relationship to work on their unconscious without interference from outside.

The psychoanalyst uses various techniques as encouragement for the client to develop insights into their behavior and the meanings of symptoms, including ink blots, parapraxes, free association, interpretation (including dream analysis), resistance analysis, and transference analysis.

Freud's Structure of Personality

According to Freud, our personality develops from the interactions among what he proposed as the three fundamental structures of the human mind: the id, ego, and superego. Conflicts among these three structures, and our efforts to find balance among what each of them "desires," determines how we behave and approach the world. What balance we strike in any given situation determines how we will resolve the conflict between two overarching behavioral tendencies: our biological aggressive and pleasure-seeking drives vs. our socialized internal control over those drives.



Ego, Superego and Id
https://psychology.wikia.org/wiki/Ego,_Superego_and_Id Downloaded: 8/30/2020 11:50 pm

The Id

The id, the most primitive of the three structures, is concerned with the instant satisfaction of basic physical needs and urges. It operates entirely unconsciously (outside of conscious thought). For example, if your id walked past a stranger eating ice cream, it would most likely take the ice cream for itself. It doesn't know, or care, that it is rude to take something belonging to someone else; it would care only that you wanted the ice cream.

The Superego

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The superego is concerned with social rules and morals—like what many people call their" conscience" or their "moral compass." It develops as a child learns what their culture considers right and wrong. If your superego walked past the same stranger, it would not take their ice cream because it would know that that would be rude. However, if both your id and your superego were involved, and your id was strong enough to override your superego's concern, you would still take the ice cream, but afterward you would most likely feel guilt and shame over your actions.

The Ego

In contrast to the instinctual id and the moral superego, the ego is the rational, pragmatic part of our personality. It is less primitive than the id and is partly conscious and partly unconscious. It's what Freud considered to be the **"self,"** and its job is to balance the demands of the id and superego in the practical context of reality. So, if you walked past the stranger with ice cream one more time, your ego would mediate the conflict between your id ("I want that ice cream right now") and superego ("It's wrong to take someone else's ice cream") and decide to go buy your ice cream. While this may mean you have to wait 10 more minutes, which would frustrate your id, your ego decides to make that sacrifice as part of the compromise– satisfying your desire for ice cream while also avoiding an unpleasant social situation and potential feelings of shame.

Freud believed that the id, ego, and superego are in constant conflict and that adult personality and behavior are rooted in the results of these internal struggles throughout childhood. He believed that a person who has a strong ego has a healthy personality and that imbalances in this system can lead to neurosis (what we now think of as anxiety and depression) and unhealthy behaviors.

Defense Mechanism

Most notably used by Sigmund Freud in his psychoanalytic theory, a defense mechanism is a tactic developed by the ego to protect against anxiety. Defense mechanisms are thought to safeguard the mind against feelings and thoughts that are too difficult for the conscious mind to cope with. In some instances, defense mechanisms are thought to keep inappropriate or unwanted thoughts and impulses from entering the conscious mind.

Types of Defense Mechanism

1. Rationalization - justification of an unacceptable behavior
2. Intellectualization - reasoning to block emotional distress
3. Reaction formation - changing unwanted emotions or feelings
4. Acting Out – carrying out extreme behavior
5. Projection – transferring the drive or behavior that causes anxiety to others
6. Dissociation – separating of the memories one can't deal with or doesn't want

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7. Compartmentalization – separating part of oneself from awareness of other parts
8. Displacement – transferring of negative emotion from one person or thing
9. Regression – seeking the safety of an earlier development stage
10. Sublimation – diverting intolerable impulse to a socially desirable one
11. Compensation – balancing apparent weakness by accentuating the strength
12. Repression – unconscious forgetting of unwanted thought or trauma
13. Suppression – conscious type of forgetting to escape from the problem
14. Splitting – seeing everything as bad with nothing in between
15. Using Humor – directing on funny aspects of a painful situation

Source(s):

n.d. Lumen Learning. Accessed August 29, 2020. https://courses.lumenlearning.com/boundless-psychology/chapter/psychodynamic-perspectives-on-personality/.

McLeod, S A. 2019. Simply Psychology. Accessed August 29, 2020. https://www.simplypsychology.org/psychoanalysis.html.

Lesson 2: Rational Choice

Rational choice theory, also known as **choice theory** or **rational action theory**, is a framework for understanding and often formally modeling social and economic behavior. The basic premise of rational choice theory is that aggregate social behavior results from the behavior of individual actors, each of whom is making their individual decisions. The theory also focuses on the determinants of individual choices (methodological individualism). The rational choice theory then assumes that an individual has preferences among the available choice alternatives that allow them to state which option they prefer. The rational choice fundamental assumption is that individual action is based on their conduct on the logical process.

Difficult Choice
https://commons.wikimedia.org/wiki/File:Difficult_choice._(6869126236).jpg

The premise of rational choice theory as a social science methodology is that the aggregate behavior in society reflects the sum of the choices made by individuals. Everyone, in turn, makes their choice based on their preferences and the constraints (or choice set) they face.

At the individual level, rational choice theory stipulates that the agent chooses the action (or outcome) they most prefer. In the case where actions (or outcomes) can be evaluated in terms of costs and benefits, a rational individual chooses the action

(or outcome) that provides the maximum net benefit, i.e., the maximum benefit minus cost.

Choice Decision Alternative Free Photo
https://www.needpix.com/photo/1838979/choice-decision-alternative-strategy-opportunity-choose-choices

The theory applies to more general settings than those identified by costs and benefits. In general, rational decision-making entails choosing among all available alternatives the alternative that the individual most prefer. The "alternatives" can be a set of actions ("what to do?") or a set of objects ("what to choose/buy?"). In the case of actions, what the individual cares about are the outcomes that result from each possible action. Actions, in this case, are only an instrument for obtaining an outcome.

Rational Choice Theory and Exchange Theory

It has long been assumed that people are motivated by money. Then some sociologists theorized that people were motivated by is what is best for them in all their actions and that their actions were shaped by their desire for more, rather than less, of something good. This led to the development of rational choice theory.

The main assumption behind the rational choice theory is the idea that everything people do is fundamentally rational. Rationality here means that a person is acting as if they were weighing the cost and benefits of possible actions so that they can maximize their gain.

Rationality is a property of a series, or pattern of choice, not an individual choice. So basically, people act in self-interest. They are driven by personal desires and motivated by personal goals. They calculated the costs and benefits of every action and choose the one with the best outcome for themselves. And how do we calculate the value of these actions? How do we know which anticipated outcomes will benefit us the most?

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Well, we look at the social resource being exchanged. Like time, information, approval, and prestige to determine the value of possible action. Through the individual rational actions if people, the rational choice theory assumes that you can explain a complex phenomenon like social change and social institutions.

Let’s look at the three assumptions underlying rational choice theory.

1. First is the assumption of completeness, which means that every action can be ranked. If three possible actions can take, completeness means that none of the options have equal value. A is preferable to B and B is preferable to C. And that C is not then preferable to A because that would

be circular and irrational according to our definition. This leads to the second assumption.

2. The second assumption is transitivity. This means that if we look at those three options since A is preferable to B is preferable to C, then A is also preferable to C. It's like in math. A is greater than B is greater than C, therefore, A is greater than C.
3. The last assumption is called the independence of irrelevant alternatives. That's just a big fancy way of saying that if we suddenly have a fourth option, X, that it won't change the order of how it ranked in the first three options.
   We already have A is better than B is better than C. If X is better than C but worse than B, B isn't suddenly going to be preferable to A. A is still the best option.

These three assumptions result in a consistent, rankable set of possible actions. All right so now that we have an idea of rational choice theory, let's look at the exchange theory.

Exchange Theory is an application of rational choice theory to social interactions. It looks at society as a series of interactions between individuals. And is often used to study family relationships, work relationships, partner selection, parenting, many other interpersonal interactions.

These interactions are determined by weighing the rewards and punishments of every interaction. If the interaction results in approval, it is more likely to be repeated. Because social approval is a reward. But are the interaction results in a punishment, like social disapproval, it is less likely to be repeated. This may seem obvious to you, that, you'll do something to get a reward, while you'll avoid something that will wind up in punishment.

But this is the basic principle behind the exchange theory. That the behavior of an individual in an interaction can be figured out by comparing the rewards and the punishments. Rewards can be social approval, recognition, money, gifts, or positive gestures, like a smile. While punishments consist of social disapproval, humiliation, or negative gestures, like a frown.

There are quite a few assumptions that exchange theory depends on.

1. People seek to rationally maximize their profits. Which means they seek rewards and avoid punishments.
2. Assumed that interactions operate within the social norms. Assumes that people have access to the information they need to make rational choices.
3. Assumed that most human fulfillment comes from other people.

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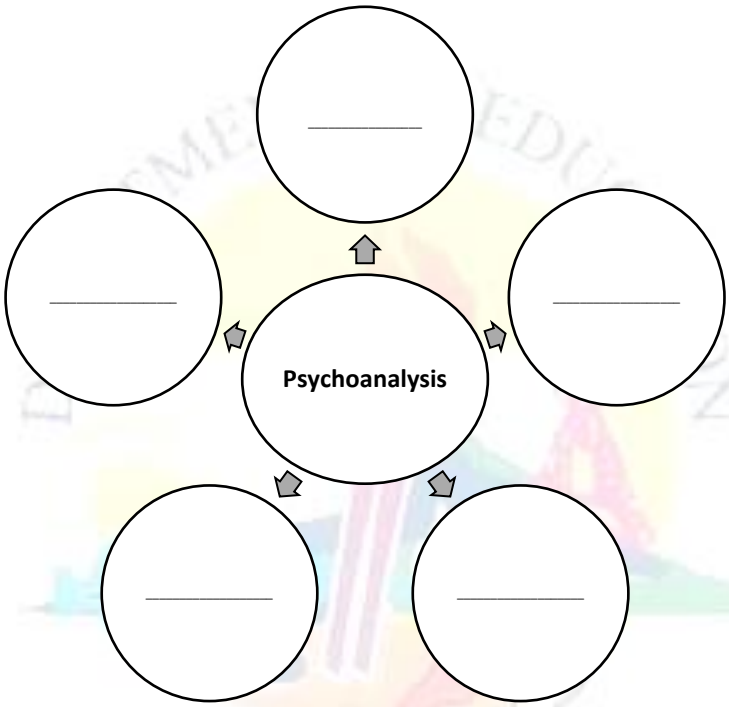
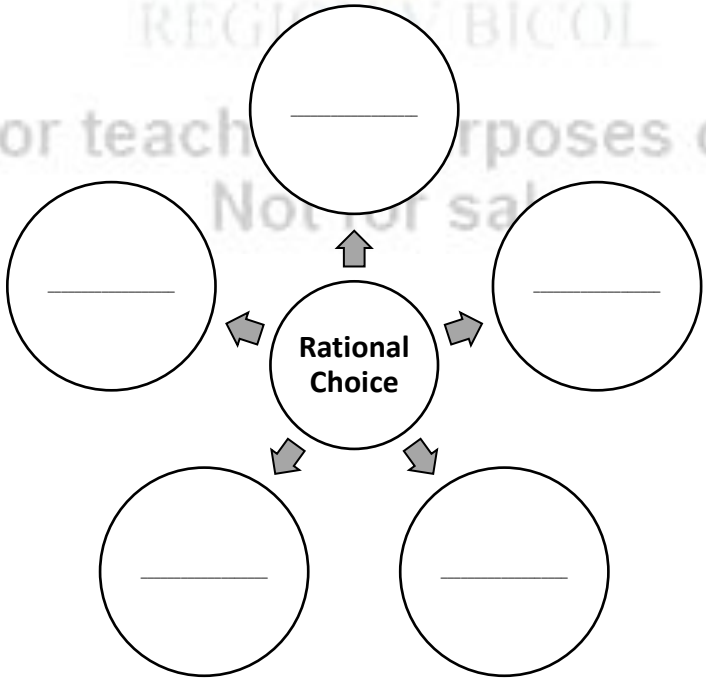
Source(s):https://en.wikipedia.org/wiki/Rational_choice_theory
Brown, Sydney. "Rational choice-exchange theory." Accessed August 30, 2020. https://www.khanacademy.org/test-prep/mcat/society-and-culture/social-structures/v/rational-choice-exchange

Practice Task 1

DIRECTIONS: Your task is to discuss the basic concepts and principles of the Psychoanalysis and Rational Choice through a concept map. Give at least 5 concepts and principles. Write your answers on a separate sheet of paper.





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DIRECTIONS: Your task is to distinguish carefully the significance of Psychoanalysis and Rational Choice as major social ideas. Based on your understanding of the text above and your answer in Practice Task 1, give at least five for both social ideas. Write your answers on a separate sheet of paper.

SIGNIFICANCE

Psychoanalysis as Social Science Idea	**Rational Choice as Social Science Idea**
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

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DIRECTIONS: Your task is to write an essay on how the basic concepts and principles of the major social science ideas (Psychoanalysis and Rational Choice) contributed to the development of an individual as a human person. Write your essay in one whole sheet of paper. Follow the guide questions in writing your essay. Your output will be graded according to the standards set by the rubrics below.

Guide Questions:

1. What are the concepts and principles of psychoanalysis and Rational Choice?
2. How do these concepts and principles apply to society as major social science ideas?

3. Do you think these major social science ideas contribute to the development of an individual as a human person?

Essay Grading Rubric			
	Score	**Points**	**Criteria**
CONTENT 40%			
		40-33	**Excellent to Very Good:** There is one clear, well-focused thesis. Excellent command of the subject matter. Evidence of independent thought. Supporting arguments relate to the main claim & are well organized. The thesis stands out and is supported by details. Relevant, telling, quality details give important information, going beyond the obvious or predictable.
		32-25	**Good to Adequate:** The thesis is clear, but supporting information is general. A reasonable command of the subject matter. A capacity for independent thought, though not fully realized. Sufficient substantiation of the claim. Supporting details are relevant, but one or more key issues are unsupported.
		24-17	**Fair to Poor:** The thesis is somewhat clear, but more supporting details are needed. The relative absence of independent thought. Inconsistent substantiation of the claim. Supporting details and information are somewhat relevant, but key points are unsupported.
		16-0	**Failing:** Vague or unclear thesis. Inadequate command of the subject matter. Unexamined, cliched thinking. Inadequate substantiation of claims. Supporting details are a seemingly random collection of information, unclear, or not related to the topic.
ORGANIZATION 30%	.	30-25	**Excellent to Very Good:** Clear Organization. The introduction is inviting, states the thesis, and previews the structure of the paper. Details are in a logical order. The conclusion is strong and states the point of the paper.
		24-19	**Good to Adequate:** Clear organization. The introduction clearly states the thesis and previews structure but is not particularly inviting to the reader. Details are in a logical order but may be presented in less interesting ways. The conclusion is recognizable and ties up almost all loose ends.
		18-13	**Fair to Poor:** Significant lapses in the organization. The introduction states the thesis but does not adequately preview the structure, nor is it particularly inviting. Some details not in the logical or expected order, and this is distracting. The conclusion is recognizable but does not tie up all loose ends.
		12-0	**Failing:** Poor, hard-to-follow organization. There is no clear introduction to the main topic or structure of the paper. There is no clear conclusion, the paper just ends. Little or no employment of supporting evidence - reader left to fill in gaps; thesis meagerly (if at all) established and introduction vague or too brief + weak or non-existent conclusion = seeming total disregard for progression of ideas

Source: http://employees.oneonta.edu/benjamkd/advanced/gradingrubric1.htm

Post-Test

DIRECTIONS: Choose the best answer to the following questions/statements below. Write your answers on a separate sheet of paper.

1. Which of the following statement is **NOT** true about Psychoanalysis?
   A. Psychoanalysis lost its practicality due to its lengthy procedure
   B. This approach is a breakthrough in psychology
   C. Psychoanalysis is a practical method
   D. Psychoanalysis theory discovered by Sigmund Freud

2. Identify whether the following statements are TRUE or FALSE.
   I. Psychoanalysis is not a practical method since it takes weeks, months and years to get the result
   II. Psychoanalysis is a breakthrough in Psychology since it is used to treat patients with mental illness
   A. BOTH statements are TRUE
   B. BOTH statements are FALSE
   C. The first statement is TRUE, but the second statement is FALSE
   D. The first statement is FALSE, but the second statement is TRUE

3. How is rational choice theory defined?
   A. Choices are made based on the experience and the education of the individual.
   B. People base a decision on available options and then use certain criteria to decide.
   C. The decision is made haphazardly based on the mood of the individual at the time.
   D. Choices are made by consulting an expert.

4. All of the following constitute the meaning of rational choice **EXCEPT** one:
   A. Take action with reason when making choices.
   B. Therapeutic techniques and sets of psychological theories.
   C. Used to know why a person behaves or acts the way he/she does.
   D. People act as they think of their action has much profit than costs.

5. Which of the following describes the composition of the “id” personality structure?
   A. Includes primal urges and operates based on instinct.
   B. A technique that the ego uses to defend itself from distress.
   C. Opposes the desires of the id by enforcing moral restrictions.
   D. Operates based on reality, control, and balances the urges of the id.

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6. The basic tenets of psychoanalysis include the following **EXCEPT**:

A. Therapeutic techniques and a set of psychological theories.
B. Man thinks rationally in making choices and decisions in life.
C. Human behavior is largely determined by irrational drives.
D. Attempts to bring drives into awareness lead to defense mechanisms.

7. Which of the following is **NOT** an underlying assumption of rational choice theory?

A. Assumption of completeness, which every action is ranked.
B. People seek to rationally maximize their profits.
C. Assumption of transitivity.
D. Independence of alternatives.

8. Which of the following situations show a rational choice?

A. Buy an iPhone rather than an Android phone with the same value.
B. Patronize Pinoy rice with much more quality over commercial rice
C. Watch a pirated movie at home rather than watching it on theater.
D. Choose branded products over local products with the same quality.

9. Which of the following is NOT a part of the personality structure theorized by Sigmund Freud?

A. Defense mechanism
B. Ego
C. Id
D. Superego

10. Upon his arrival from school, Joshua went directly to their kitchen looking for food to eat. While eating, he was thinking of playing mobile legend when done eating. A moment later, he remembered that Mr. Generoso gave an assignment on that day. So, he did the assignment first before playing mobile legend. What personality structure operates when Jimmy decided to do his assignment before playing mobile games?

A. Defense mechanism
B. Id
C. Ego
D. Superego

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RATING	LEVEL
10-8	**EXCELLENT!** Congratulations! You can proceed to the next page and continue to learn the lesson.
7-5	**BETTER!** You can go back to those lessons that you've missed and continue.
4-3	**VERY GOOD!** You can improve your knowledge and continue to learn the next lesson.
2-0	**NEEDS IMPROVEMENT!** This module will help you to learn better with the new lesson. You can do it. Let's open the next page.

Additional Activities

DIRECTIONS: You are task to create a poster about the topic **"Psychoanalysis and Rational Choice as Major Social Science Ideas".** Use 1 sheet of bond paper for your poster. You are free to utilize any kind of coloring material. Your output will be graded according to the rubrics below.

Rubrics in POSTER MAKING.

	Excellent (4)	Good (3)	Fair (2)	Needs Improvement (1)	SCORE
Graphics – Relevance	All graphics are related to the topic and make it easier to understand.	All graphics are related to the topic and most make it easier to understand.	Some graphics relate to the topic.	Graphics do not relate to the topic	
Content	Student can accurately answer all questions related to facts in the poster and processes used to create the poster.	Student can accurately answer most questions related to facts in the poster and processes used to create the poster.	Student can accurately the answer about 75% of questions related to facts in the poster and processes used to create the poster.	Student appears to have insufficient knowledge about the facts or processes used in the poster. Student can accurately the answer about 75% of questions related to facts in the poster and processes used to	

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Attractiveness	The poster is exceptionally attractive in terms of design, layout, and neatness.	The poster is attractive in terms of design, layout, and neatness.	The poster is acceptably attractive though it may be a bit messy.	The poster is distractingly messy or very poorly designed. It is not attractive.	
				TOTAL	

Score:

Score	Numerical Rating	Adjectival Rating
12	100%	Excellent
11	96%	
10	92%	Very good
9	88%	
8	84%	Good

Answer Key

PRE-TEST		**POST-TEST**	
1. C	6. B	1. C	6. B
2. B	7. A	2. A	7. B
3. A	8. B	3. B	8. D
4. D	9. B	4. D	9. A
5. A	10. D	5. A	10. B

Practical Task 1: The answers may vary.

Practical Task 2: The answers may vary.

Practical Task 3: The answers may vary.

Additional Activities: The answers may vary.

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